

Breakfast (6:00am)	Calories	Carbs	Protein	Fat	Supplements
(2) whole Eggs	148	0	12	10	Fish Oil
1/2 cup Egg Whites	75	0	15	0	Multi-Vitamin
1/2 Cup Oats	150	27	11	1	
<b>Total</b>	<b>373</b>	<b>27</b>	<b>38</b>	<b>11</b>	
Breakfast Alt (6:00AM)					
1 Scoop Protein	140	0	30	0	
3 whole Eggs	222	0	18	15	
1 Sweet Potatoe	99	23	2	1	
<b>Total</b>	<b>461</b>	<b>23</b>	<b>50</b>	<b>16</b>	
Meal 2 (9:00am)					
Bannana	105	27	1	0	
Greek Yogurt	140	22	9	2	
20 Almonds	164	6	6	14	
<b>Total</b>	<b>409</b>	<b>55</b>	<b>16</b>	<b>16</b>	
Meal 3 (12:00pm)					
6oz Grilled Chicken	300	0	28	3	LiverCare
1 can Tuna	191	0	42	1	
4oz Grounbd Turkey	140	0	26	3	
1 cup of Green	41	7	4	0	
Avocado	234	12	3	21	
<b>Total</b>	<b>575</b>	<b>19</b>	<b>32</b>	<b>27</b>	
Meal 4(Pre Workout)					
1 scoop protein	140	0	30	0	C4
20 Almonds	164	6	6	14	
1/2 cup Oats	150	27	11	1	
<b>Total</b>	<b>454</b>	<b>33</b>	<b>47</b>	<b>15</b>	
Meal 5(Post Workout)					
1 scoop protein	140	0	30	0	BCAA
1 cup blueberries	83	21	1	0	Glutamine
<b>Total</b>	<b>223</b>	<b>21</b>	<b>31</b>	<b>0</b>	
Meal 6(Dinner)					
6 Oz grilled chicken	300	0	28	3	Fish Oil
5 Oz Ground Turkey(Alt)	175	0	32	4	CLA
3 Oz Salmon(Alt)	175	0	24	111	
3.5 Oz Lean Beef(Alt)	235	0	27	13	
2 Cups Green	82	14	8	0	
Sweet Potatoe	99	23	2	1	
<b>Total</b>	<b>481</b>	<b>37</b>	<b>38</b>	<b>4</b>	

Meal 7(pre Bedtime)					
1/2 Scoop Casein protein	60	0	12	0	CLA
<b>Total</b>	<b>60</b>	<b>0</b>	<b>12</b>	<b>0</b>	
<b>Total Daily Intake</b>	<b>2575</b>	<b>137</b>	<b>214</b>	<b>73</b>	

### Alternate Meal Plan

Breakfast (6:00am)	Calories	Carbs	Protein	Fat	Supplements
2 cups Egg Whites	115	0	30	0	Multi-Vitamin
1/2 Cup Oats	150	27	11	1	Fish Oil
<b>Total</b>	<b>265</b>	<b>27</b>	<b>41</b>	<b>1</b>	
Meal 2 (9:00am)					
Bannana	105	27	1	0	LiverCare
Greek Yogurt	140	22	9	2	
<b>Total</b>	<b>245</b>	<b>49</b>	<b>10</b>	<b>2</b>	
Meal 3 (12:00pm)					
6oz Grilled Chicken	300	0	28	3	
1 cup of Green	41	7	4	0	
1 Sweet Potatoe	99	23	2	1	
<b>Total</b>	<b>440</b>	<b>30</b>	<b>32</b>	<b>27</b>	
Meal 4(OPTIONAL)					
2 scoop protein	280	0	60	0	
20 Almonds	164	6	6	14	
1/2 cup Oats	150	27	11	1	
<b>Total</b>	<b>594</b>	<b>33</b>	<b>77</b>	<b>1</b>	
Meal 5(POST WORKOUT)					
2 scoop protein	280	0	60	0	BCAA
1 cup blueberries	83	21	1	0	Glutamine
<b>Total</b>	<b>363</b>	<b>21</b>	<b>61</b>	<b>0</b>	
Meal 6(Dinner)					
6 Oz grilled chicken	300	0	28	3	Fish Oil
5 Oz Ground Turkey	175	0	32	4	CLA
3 Oz Salmon	175	0	24	111	
3.5 Oz Lean Beef	235	0	27	13	
2 Cups Green	82	14	8	0	
Sweet Potatoe	99	23	2	1	
<b>Total</b>	<b>481</b>	<b>37</b>	<b>38</b>	<b>4</b>	
Meal 7(pre Bedtime)					

1/2 Scoop Casein protein	60	0	12	0	CLA
Total	60	0	12	0	0
Alt Daily Intake	1854	164	194	35	